

Writing a Mission Statement

Using the example below as a guide, write a Mission Statement for what you want to be, do and have in life.

Try to be as specific, clear and comprehensive as possible. Also be passionate in your definitions so as to motivate and inspire you on the journey. At this point do not be overly concerned with aiming for Life Balance. This is a visionary statement that we shall shape towards Optimal Life Balance in the pages and activities to follow.

Example of Mission Statement

Health:

Exercise: *My aim is to formally exercise 3 days per week at the gym, train and play soccer 2 days per week and walk with my partner for 1 hour 2 times per week in order that I become healthier, more energetic, fit and healthy.*

Diet: *I shall eat a balanced nutritious diet comprising of healthy whole foods wherever possible. I will enjoy food for pleasure 1-2 times per week and also strive not to eat in response to stress or other negative influences on my life.*

Relaxation: *I shall learn a relaxation technique that I will commit to once per day for twenty minutes. I will also learn emotional brake techniques linked to learning this relaxation, so as to be both more relaxed from day to day, as well as when under the pressure of stressful life circumstances.*

Sleep Health: *I commit to establishing regular healthy sleep patterns of 8 hours most nights, allowing for the occasional late night's entertainment on weekends.*

Environment: *My environment shall be clean, hygienic and stress free. Furthermore, I shall establish this using the **environmental audit on this website**, and commit to regular reviews of my workplace and home.*

Pleasure:

On a daily basis I will strive to introduce pleasure into my life across all of my senses. I will enjoy flavoursome meals, beautiful music and the occasional massage. I will enjoy sport and watching sport, go to the occasional movie, and read novels regularly. I will also enjoy nights out with friends.

All of this I commit to in reasonable moderation, respecting a balanced commitment to all of my other life aspects and challenges.

Partner:

I will continually strive to have an intimate, passionate and love absorbed life with my partner across all levels of our relationship; physical, emotional, intellectual and spiritual. I shall show complete respect to our mutual values, and act daily towards maintaining the qualities of this relationship. I will commit to maintaining an awareness of the current state of our relationship such that I aim always to be aware of our mutual needs as they arise. I will endeavour to clearly communicate my own needs and desires so that as a couple we are aware of the direction we both, as individuals and as a couple, wish to take our lives.

Family:

I shall continue to respect my parents and the parents of my partner, acknowledging their wisdom and guidance, while at the same time communicating my values and beliefs in a healthy manner in return. Honouring our differences, but respecting our common roots.

Similarly, I shall endeavour to perfect myself as a role model to my children, providing them with guidance and yet respecting their needs, demonstrating both discipline and understanding, love, compassion and wisdom.

Friends:

I will continue to approach all my friendships with trust and respect. I will evaluate my current friendships and clearly communicate the boundaries and rules of the same. I shall show particular commitment to my long term friendships which have supported me through hard times and deserve the added commitments required to sustain them.

Social, Charitable, Religious, Political:

I will retain my current commitments to my sponsored children overseas and the environmental organizations I support.

I will support the fund raising efforts of my children's school.

I will maintain my current investigation into spirituality and the importance of this to my life such that I may develop a deeper relationship with the Universe and God.

Work:

I will continue to honour my commitment to my current employers as long as I remain at this workplace. I will investigate ways of being more passionate and committed to this workplace, and develop my skills whilst here to enhance both our purposes. In the long term, I wish to diversify and develop myself in the direction of writing Self-help works and providing Health and Life Balance seminars to improve the lives of all about me, and the greater community.

Self Expression:

My passion is for writing, both works of fiction and non-fiction in the health related fields. I desire to first enjoy the passion of writing, but deeply wish to turn my passion into my emploment.

I would also love to travel, with a particular desire to travel to Machu Pichu (Peru) and the Great Wall of China.

Finances:

My financial security includes the need to finance my ongoing home mortgage, car repayments, and the basic needs of my family both now and in the future.

I also seek financial abundance for my family, and the life abundance that an appropriate level of savings may bring. I define abundance not in terms of added income, but the life experiences I can provide to my family and myself through providing us with the capacity to pursue our passions and dreams as outlined by this mission statement (and the desires of my family).

Self Development:

Production/Performance Skills:

I will learn how to play tennis and soccer better so as to enjoy these pleasures more.

I will develop my typing skills in order to enhance my writing.

I wish to learn to surf in the future.

Intellectual Intelligence:

I shall research subjects on psychology and emotional intelligence in order to finish my next Self-help book.

I shall learn about Renaissance history as I am interested in this.

Emotional Intelligence:

I will develop the skills of optimism, assertiveness and communication to improve my relationship with Self and others. I will monitor my emotions and strive to control them better.

Spiritual Intelligence:

I will continue my Spiritual investigation into the greater meaning and purpose of My Life. I shall continually review my actions across all life aspects, against my present spiritual principles, and strive to live consistent with the latter.

My Life's Mission

Health:

Exercise:

Diet:

Relaxation:

Sleep Health:

Environment:

Pleasure:

Partner:

Family:

Friends:

Social, Charitable, Religious, Political:

Work:

Self Expression:

Finances:

Self Development:

Physical/Production/Performance Skills:

Intellectual Intelligence:

Emotional Intelligence:

Spiritual Intelligence:

Notes: